

Microwaving saves nutrients

Vitamins not damaged

United Press International
The speed with which microwave ovens cook also preserves valuable vitamins, a Cornell University researcher says.

A recent study by Gertrude Armbruster, an associate professor of nutritional science, shows that shortened cooking time saves more nutrients from loss or damage than such conventional cooking methods as baking and boiling.

"We started talking about (doing) this study in the mid '70s when microwave use was just beginning to explode," Armbruster said.

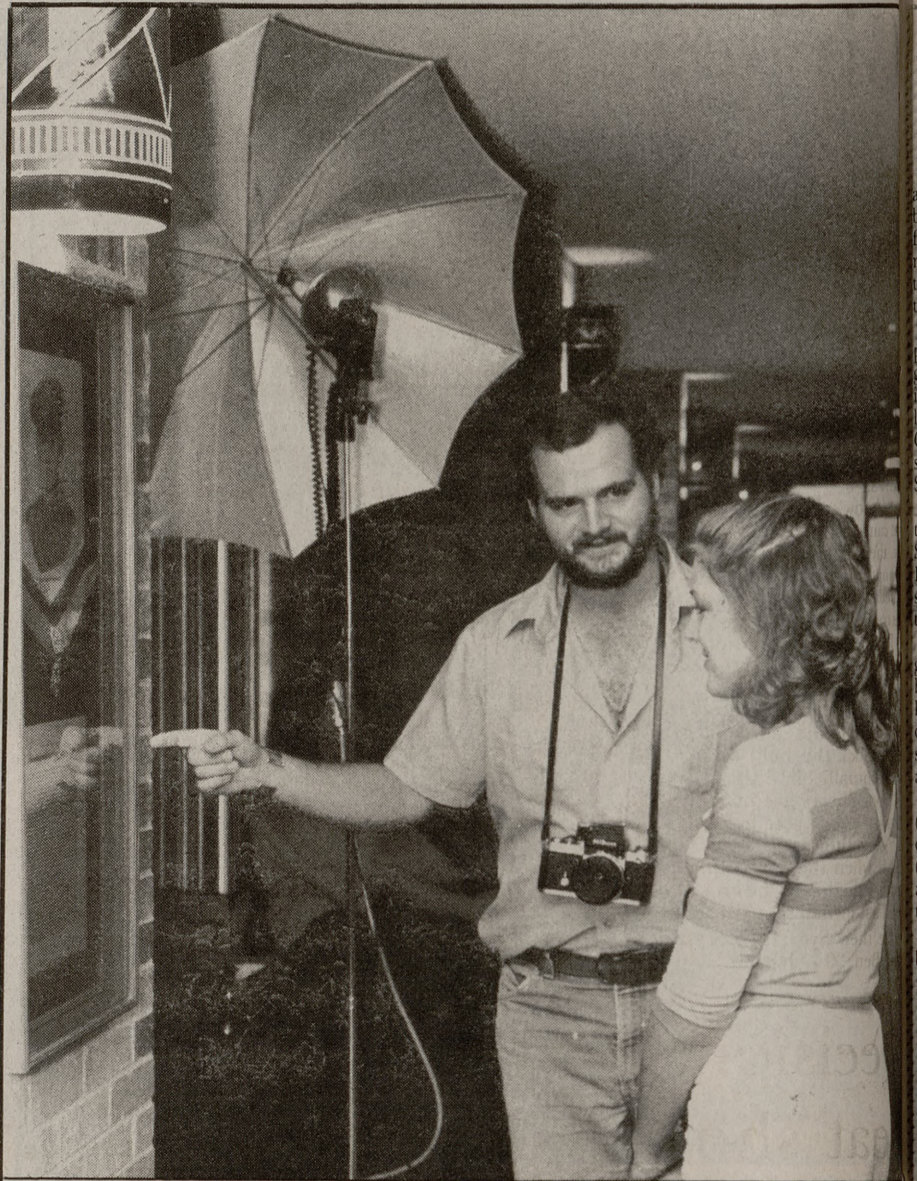
"Most of the earlier microwave cooking studies had been done in the '50s and '60s when microwave cooking was really in the experimental stage."

She said questions about microwave cooking and nutrient retention often have come from consumers as microwave oven usage increases.

Her study found food microwaved in containers or paper bags cooked even faster than the same things microwaved without covers.

"An enclosure helps insulate food and prevent heat loss in the oven cavity," she said. "Covers or containers enclose the steam, which reduces cooking time even further and also ensures greater bacterial destruction."

(Covers should be vented, however, to prevent pressure from building up and exploding the food.)



Read the story

staff photo by Irene

Photographer Griffis Smith, right, instructs Mary Franklin to look at a memorial plaque in the Memorial Student Center while he takes her picture. Smith, who works for Texas A&M Educational Media

Production Center, is in charge of creating a new slide show about the University to be shown to incoming students. Smith is from Bryan and Franklin is a junior psychology major from Giddings.

School kids learn to use computers in New York

United Press International
FAIRPORT, N.Y. — Kindergartners in the suburban school district of Fairport, 10 miles southeast of Rochester, are learning respect computers.

Essentially they are learning how to use the machine and learning not to be afraid of computers — learning that the human being is in control, not the machine," said Eileen K. Gress, the district's Director of Educational Communication. "The students have a lot of respect for the machine."

Most school districts around New York state have informal computer education programs, but the Fairport School District is one of only a few that have formal written curriculum for computer education for grades kindergarten through 12.

Annas said the program is in its second year and will not be 100 percent implemented for a couple years. But the program already appears to be reaping dividends.

"They (the students) love it. They don't have any fear of the computer," she said. "The kids also are very cooperative when it comes to using it."

"They work with each other and help each other. We don't have any fear that they'd interact with the computer, but that hasn't been the case."

In the library at the Jefferson Avenue school, fourth grade teacher Tera Rake, 10, and Julie Rake, 10, proved Gress' point.

Sitting side by side, the girls were searching out the computer keyboard, the girls stared at the television monitor in front of them, mastering the program.

"The computer is the most popular thing in the library," said Jan Beck, media specialist at Jefferson Avenue School. "The kids are fascinated as they are."

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